

Chair, Research & Appeals Committee
ABLE Charitable Foundation
100 Main St. West
Toronto, ON M5J 1W2

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ABC Charitable Organization Inc.
100 First Street, 2nd Floor
Toronto, ON M5A 2K8

PART A: THE PROJECT - ART THERAPY PROGRAM

1. Purpose: In 2018 ABC was awarded a grant to implement an Art Therapy Program for our Alzheimer Day and Adult Day programs. The funds were used to engage an Expressive Art Therapist, who specializes in working with seniors, and provide for supplies and materials needed for the program, for one year. The grant will sunset in September of this year and we are therefore searching for support to continue with this extremely beneficial program.

Our Alzheimer Day Program provides specialized services six days per week to people living with Alzheimer disease or a related dementia. This program helps to stimulate cognitive functioning while providing a safe, secure environment for people dealing with Alzheimer disease, as well as a vital break for caregivers. The program includes transportation to and from the centre, and a hot nutritious lunch and snack.

Our Adult Day Program provides specialized services six days per week to people living with a disability or illness. The Day Program provides social, recreational and therapeutic programming in a safe, caring environment. The program includes transportation to and from the centre, and a hot nutritious lunch and snack.

These programs are vital to the people we serve and continue to have a profound impact on their lives, as well as on the lives of their caregivers. The addition of an art therapy program has proven to be an excellent fit as it enhances our existing programs. It has also proven to be an excellent social networking opportunity since we serve many people from diverse backgrounds and expressing oneself through art transcends language and other cultural barriers. It is something everyone can participate in.

The focus of the program is as much on 'art' and self expression as it is on 'therapy' and the purposeful working through of anxieties or concerns that our clients often struggle with due to ill health and poverty. Whether crafting worry dolls, reflection collages or personal booklets in which to memorialize things that are important, or whether there's dancing to drums and tambourines, deep breathing and meditation, the purpose of the program is the same: provide seniors with a sense of dignity and respect, raise their quality of life by instilling a sense of joy and camaraderie, in an environment that makes them feel safe and cared for. The Art Therapy program has proven to do all that and more.

Should the program not be funded for 2019 - 2020 it would be a great loss to our clients. While they may perhaps not be able to articulate the vacuum, they will certainly miss the connection they've made with the Art Therapist who was able to coax some shy and withdrawn seniors out of their shells. They will certainly miss feeling proud of themselves for producing their 'art,' and ABC, as an agency will certainly regret not being able to continue to offer this fresh, holistic approach to health by lifting moods and connecting personalities.

2. Cost of Program: The cost of the program is \$15,600 for one year. This will cover the services of a specialized art therapist and supplies needed to carry out the program. The breakdown is as follows:

Item	Cost
Art Therapist (\$200 per week x 52 weeks)	\$10,400
Art Supplies (\$100 per week x 52 weeks)	\$5,200
TOTAL	\$15,600

3. Funds raised so far and other funding commitments: ABC will contribute \$3,120 in staff salary for a Program Coordinator to administer the program. Program space at \$1,680 for the year, is also part of ABC's contribution. The Norman and Marian Robertson Charitable Foundation funded the program in its entirety for one year from September 2017 to September 2018. Additional private foundations are being approached simultaneously to ensure that there is no disruption in the delivery of this very popular and much enjoyed program.

4. Project Start: October 2019 is the projected start date under new funding. We are seeking funding for one year making the end date, October 2020.

5. Previous Funding from the ABLE Charitable Foundation of Toronto: ABC has not received funding for this particular program previously. However, we received \$2,500 in July of 2017 for carrying bags for our Meals on Wheels program.

PART B: FINANCIAL BACKGROUND

1. Audited Financial Statements - please see attached for years 2017 and 2018

2. Project Budget:

Item	ABC	Grant	Total Cost of Program
Art Therapist (\$200 per week x 52 weeks)		\$10,400	

Art Supplies (\$100 per week x 52 weeks)		\$5,200	
Program coordinator (\$24/hr x 2.5/hr/wk x 52 weeks)	\$3,120		
Program space (\$140/month x 12 months)	\$1,680		
TOTAL	\$4,800	\$15,600	\$20,400

3. Ongoing Funding: There is, unfortunately, no public funding available for this kind of program at any level of government. Our only recourse therefore is to approach the private sector. ABC is proud to have a long-standing and successful history receiving private funding because our programs and services have set a high standard in service delivery to seniors and ill and disabled adults in our communities. As such, we are confident we will continue to be successful in finding funding for this program. Our strategy is to undertake simultaneous approaches to private sources, both at foundations and through individual donors.

PART C: GENERAL BACKGROUND

1. Names of Officers and members of the Board: Please see attached

2. Agency Background:

ABC Community Services is a charitable organization incorporated in 1965. We are a social service agency in downtown Toronto that provides essential services to seniors and adults who are facing a multitude of issues including Alzheimer disease, cancer, heart disease, depression, HIV/AIDS and numerous other physical and/or mental health issues.

The purpose of our work is to help seniors and disabled/ill adults in our community to remain in their homes and live healthy, dignified and independent lives. Consider that in 2011:

- We delivered 55,402 meals through our Meals on Wheels and Food for Life programs. This meant that our clients were assured of at least one hot nutritious meal a day, which is not the case for far too many seniors and disabled adults.
- We provided 19,189 hours of meaningful engagement through our Adult, Alzheimer and Adult, Enrichment and Wellness Day Programs.
- Logged 14,684 rides through our Community Transportation program thereby connecting seniors with the outside world, lessening isolation, depression and onset of other failure to thrive illnesses.
- Vulnerable seniors were able to depend on a friendly call each day by ABC conducting 1,948 Telephone Reassurance calls last year alone.

- And, clients found advocates at ABC as we logged 1,255 Case Management hours and resolved 1,020 hours worth of housing issues through our Critical Housing Support program.

3. Our Partnerships:

ABC believes that forming relationships is an economically and programmatically efficient means to comprehensively meet the needs of our clients. Our relationships to date include:

- Care First; Chinese satellite, supportive housing, meals on wheels referrals and translation
- Central Neighbourhood House (CNH): their clients use our transportation program to get to the Stroke Recovery Club
- Community Navigation & Access Project (CNAP): ABC was selected as 1 of 3 CNAP coordinating hubs to improve referrals from health service professionals to community services
- Home At Last (HAL): ABC is one of nine partnership agencies coordinating discharge of seniors from hospitals to community support service providers
- Toronto Ride: Transportation resource sharing
- Toronto People with AIDS Foundation: ABC is partnering to provide meals to individuals with HIV/AIDS
- AIDS Committee of Toronto: ABC partnering to provide lunch/social programs for individuals with HIV/AIDS
- Toronto Board of Education: provides a calligraphy instructor as part of our enrichment programs
- Senior Pride Network: collaborative partnership making services more accessible to the older LGBTTT community
- Toronto Housing Corporation: provides space for our recreation programs for seniors and ill adults

4. Our Service Area:

Our catchment area is contained within Wards 27 and 28 in the City of Toronto and encompasses Yonge Street to the west, the Don Valley Parkway to the east, south to Lake Ontario and as far north as the CPR tracks just south of Summerhill Avenue. The core postal codes within our catchment area are: M5A, M5B, M5C, M5E, M5G, M5H,

M4W, M4X and M4Y with a combined total of approximately 12,260 individuals over the age of 65.¹

These areas are home to some of the poorest citizens of Toronto who are often ill, homeless, under-housed and struggling well below the poverty level. Our catchment neighbourhoods have commonalities in that they all have a high concentration of seniors, immigrant seniors and poverty in relation to other neighbourhoods throughout the City of Toronto. For example, the average income for Regent Park residents is approximately half the average for other Torontonians.²

5. Recognition and Publicity for the ABLE Charitable Foundation of Toronto:

The following recognition opportunities are available to the Rotary Club:

1. The Foundation's name and logo displayed on our website.
2. The Foundation's name and logo listed in our print materials.

We are open to further discussing these and other recognition opportunities.

¹ Canadian Institute for Health Information, Statistics Canada and Ontario Ministry of Finance population projections (Fall 2009)

² Canadian Institute for Health Information, Statistics Canada and Ontario Ministry of Finance population projections (Fall 2009)